

EL PASO HERALD

Beauty Chats By Edna Kent Forbes

How About Your Arms?

I ONCE heard what seemed to me a very charming description of a certain woman's arms. "She has really beautiful arms," it was said, "but somehow they are very appealing." The next time I saw this particular woman, of course, I paid special attention to her arms. They were not classically perfect in shape,



Are your arms attractive?

but they were round and gave the impression of solid muscle; yet had a certain amount of outline, a certain quality of contour, that did indeed make them very appealing.

Most girls have communed on the fact that our women do not possess beautiful arms. We will hope that the present vagrancy for short sleeves will bring to us more appreciation of this part of the body.

With the arm as with the leg, the most effective way to produce real beauty is through exercise, and this is best done early in the morning. One who exercises the lower arm and has no effect upon the upper portion is as follows:

Hold one elbow with the other hand, then stretch the lower arm as much

as possible, opening up the fingers and tensing the muscles as much as you possibly can. Draw the fingers in towards the palm, slowly and gently. If you do this properly, you will feel a singular sensation as far as the elbow. If you do not do it properly, you will not gain very much from your exercise. If you wish to get the benefit of this throughout the arm, do not hold the elbow, and tense all the muscles as high as your shoulder.

This exercise should be repeated for several minutes.

Questions and Answers.

Betty H.—I am 28 pounds over weight and I have been trying to stay at your present weight you will not find any style of dress or method of doing your hair that will make you appear really slim. Talks on reducing appear to me more practically empty.

It is always a good plan to go without lunch. It would not reduce you, for instance, if your long fast made you so hungry that you ate an unusually large dinner in consequence.

A Reader—it is not only quite proper for a girl to ride horseback, but it is one of the healthiest things she could do.

HOROSCOPE :

THURSDAY, NOVEMBER 20, 1919.
THIS is not an important day in which to pur-

use routine matters, for the planetary directions, according to astrology. Mercury and Mars are

misadvised.

During this day it is well to pursue routine matters, for the planetary government that stimulates and exhales is held to have supreme influence on the affairs of men.

While nations are suffering from

the disturbance and confusion that the material conditions should be watched for ideas that are destructive and dangerous are poison to the mind.

Because of the confusion after revo-

lutionary attempts, it is held to be the case as exceedingly dangerous to give reign to any enthusiasm that may lead to an extreme of thought or action.

Persons that are held to disturb the brain are said to affect many who investigate psychic phenomena, making for strange obsessions and increase of insanity.

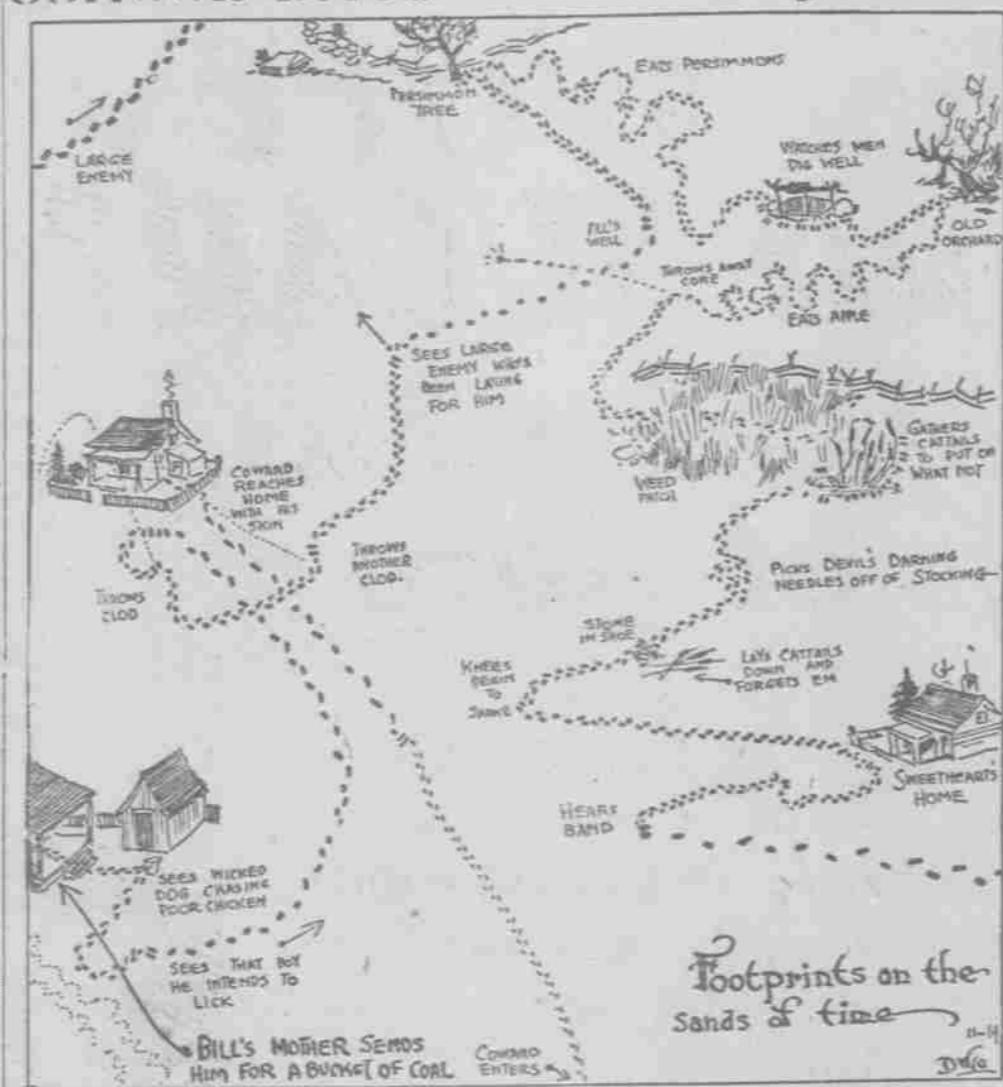
According to ancient lore this

child born on this day may be

SCHOOL DAYS

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By DWIG



QUESTIONS AND ANSWERS

At the reception at the National Press Club, and other places in Washington, why did the prince of Wales shake hands with his left hand? H. D. A.

A cowboy in Canada shook hands with the prince so vigorously that he broke one of the fingers on his right hand.

Q. Does the holder of stocks have to pay income tax on dividends? C. O.

A. The income on stock dividends is paid by the corporation and not by the individual.

Q. Was the government sanctioned and substitute for sugar? L. H. D.

A. The government's office says that malt sugar syrup, a brand new sweet can safely be used as a substitute.

Q. Were the draft boards paid by the government? J. L. M.

A. The government's general's office says that the majority of local boards accepted no compensation for their services. Those that did accept compensation were paid according to the number of registrants. Where there were less than 1000 registrants the board was allowed \$150 a month. For 6000 and over \$400 a month was allowed.

Q. Has the Indians have any democratic animal at the time of the discovery of America? H. H.

A. The Smithsonian Institution says the only animal that the Indians had at that time was the dog. Turkeys were found in America at that time, but were not domesticated.

Q. What is a good recipe for making antiseptic peanut candy? J. H. G.

A. The following is a recipe compiled from government sources: One cup molasses, one-half teaspoonful, one teaspoonful of cream of tartar, two cups cream, one-half cup peanuts. Boil the mixture until it forms a hard ball when dropped into cold water. Beat it until cool and then pour it over the peanuts in an oiled

bowl. (See illustration.)

Q. How many children had John Adams, second president of the United States, and what were their names?

A. He had five children. They were: Abigail, John Quincy, Susanna, Charles and Thomas Boylston.

Q. How can a scratch be removed from wooden clothes?

A. Take a piece of wood from wooden sponge with peroxide of hydrogen.

Q. How is a break in a marine cable put right? F. D. M.

A. The break in a cable is located by means of an electrical apparatus. The repairing crew travels in a special naval boat. The broken ends are pulled together and the cable is spliced or fused provided another; the broken ends are spliced and the cable is allowed to stalk his weight.

Q. How long did it take Weston to walk across the continent? J. E. S.

A. Edward Payson Weston was 70 years of age when he undertook to walk across the continent in 1904. The distance was 3500 miles in 104 days and seven hours. The return trip in 1910 took 75 days and 22 hours. The distance covered on the return trip was 3500 miles.

Q. Who invented the first trolley car and where was it first operated? C. N.

A. The first attempt to build an electric railway was made by Thomas D. Parker in New York in 1835. Siemens and Halske constructed the overhead wire line about 1882, in Germany, and one was exhibited in Chicago by D. J. Van Depoele in the same year. The first operative over-



WHY BE A SNAIL?

—and drag yourself around day after day, because your head feels dull and all the world "looks blue." Blue devils chasing you day and night! When one feels all out of sorts—nine chances out of ten—it's due to torpor of the liver. It's the signal that poisons are accumulating in the system and should be cleaned out at once. This is the time to take castor oil or that well-known, tiny pellet made up of May-apple, aloes and jalap, and sold by every druggist as Dr. Pierce's Pleasant Pellets. Obtain them now and avoid colds, "grip" and sickness.

THOUSANDS POISONED

Life Shortened by Uric Acid

By DR. L. C. BARRETT

Most people die eventually of an over-acid condition. If the blood can be rendered more alkaline, the longer we live. With regular hours, plenty of water between meals, sensible coarse food and a chance to get the poisons out of the system, a man will live to be a hundred. But, unfortunately, our highly nervous way of living brings increased storage of uric acid in the body. This acts as a poison, and we suffer from lumbago, aches and pains, rheumatism, gout.

Get rid of this uric acid poison by taking a harmless medicine, called "Anuric" (anti-uric-acid), which throws out the uric acid by stimulating the kidneys. Drink a pint of hot water a full half hour before meals and take "Anuric" three or four times a day. "Anuric" can be obtained at almost any drug store.

NEGLECTED COLDS ARE DANGEROUS!

Dr. King's New Discovery soon breaks a cold and checks a cough.

(Any reader can get the answer to any question by writing The Herald Information Bureau, Freddie Z. Shulman, director, Washington, D. C. The office is open from 9 a. m. to 4 p. m. daily.)

Q. What is the meaning of each letter on "D," "E," "O," on United States coins? F. E.

A. These letters which appear on United States coins mean: D, America, and refer to the mints at Denver, San Francisco, and New Orleans where the coins are made.

Q. Did Sergeant York receive an honorary commission in the United States army? N. R.

A. The War Department says that he did not receive a commission in the army, but that he did receive the honorary commission of colonel in the regulars.

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